



Adaptive Swim Lessons (3- to 12- years old)

Adapted Aquatics is designed to give those with special-needs an opportunity to experience the benefits of aquatics. With the assistance of aquatic staff, participants will work on their swimming abilities and comfort level in the water. This is a great opportunity to interact with others and have some fun! Parents will be in the water with their child.

Parent-Child Tiny Tot Swim Lessons (6- to 24- months old)

The Tiny Tot program is designed to develop the child's comfort level in water and readiness for learning more advanced swimming skills. Parents work one-on-one with their child in the water to learn front kicks, prone glide, underwater exploration, rolling over and holding position.

Parent-Child Goldfish Swim Lessons (24 months- Kindergarten)

The goldfish program is designed to develop the child's comfort level in water and readiness for learning more advanced swimming skills. Parents work one-on-one with their child in the water to learn front kicks, prone glide, underwater exploration, rolling over and holding position.

Three & Me Lessons (3- years old)

This new program acts as a bridge for three year-old children who may still be hesitant to be in the water. A parent will be in the water with their child. Children will work on front kicks, bubble blowing, supported floating, and underwater exploration.

Guppy Swim Lessons (3-years old & up) Children must be comfortable in the water without their parents.

Water Exploration. This class is suitable for children who are beginner swimmers. Children will learn elementary swimming skills for building upon future levels. Objectives will include: supported front and back floats, kicking, bubble blowing, alternate arm action and safety skills. Two- year olds are not allowed in this class. Parents are not allowed in the water with children.

Tadpole Swim Lessons (3- to 8-years old)

Primary Skills. Suitable for swimmers who have passed Guppy and/or can meet the prerequisites. Children should be able to submerge for three seconds, float on their back and front with support, and do a supported crawl. Objectives include: independent back and front crawl and finning on back. Most students require two or more sessions before completing all objectives.

Turtle Swim Lessons (4- to 12-years old)

Stroke Readiness. Suitable for students who have passed Tadpole and/or can meet the prerequisites. Children should be comfortable in the 3.5-4ft of water, float on their back and front independently, swim front crawl with arm strokes and kick for five yards. Objectives include: gliding with push off, coordinating components of the front and back crawl, elementary backstroke, treading water, bobbing, basics of diving and more.

Dolphin Swim Lessons (Ages 4 -12)

This program bridges the gap between the Turtle class in shallow water and the Minnow class in deeper water. Skills include floating, treading water, front and back crawl, basics of diving, and deep water entry and safety.

Minnow Swim Class (5- to 12-years old)

Stroke Development. Suitable for swimmers who have passed Turtle and/or can meet the prerequisites. Children at this level should be comfortable in deep water; swim front crawl with rhythmic breathing for 20 yards, swim back crawl for 20 yards, tread water for 30 seconds, and complete a dive from the seated position. Objectives include: deep water bobbing, rotary breathing, diving from the side of the pool, building endurance by swimming distances, the basics of breaststroke, side stroke, turning at the wall and more.

Porpoise Swim Lessons (5- to 12-years old)

Stroke Refinement For swimmers who have passed Minnow and/or can meet the prerequisites. Children at this level should be comfortable in deep water, swim front crawl with rhythmic breathing for 25 yards, swim back crawl for 25 yards, tread water for one minute and complete a dive from the standing position. Objectives include: alternate breathing, elementary backstroke, dolphin kick, diving from the board and more.

Shark Swim Lessons (6- to 14-years old)

Swimmers should be able to dive into deep water preform the four basic strokes for 15 yards each and tread water for one minute. Objectives will vary according to the students' needs and level. Objectives include: approach and hurdle on the diving board, enhancing strokes, butterfly stroke, flip turns, breast and side stroke turns, stroke enhancement, endurance training and diving.

Teen/ Adult Swim Lessons

This class is suitable for teens and adults at the beginner level. The instructor will develop individual lesson plans for each participant. Participants will gain confidence in their swimming skills and learn safety in and around the water.

Home-school Swim Lessons

Swim lessons are a great physical education addition for the home-school curriculum. Classes will be held one day per week, during school hours, in the following class categories: Home-school I (01) 4- to 6-years old, Home-school II (02) 7- to 10-years old, Home-school III (03) 11- to 14-years old.

Diving Lessons (5- to 12-years old)

This class will help participant's gain knowledge of and build upon competitive diving skills. Specific skills taught include front approach, front jump, back dive and more. Participants must be able to swim one length of the lap pool.

Level I- Divers will learn diving safety, shallow and deep dives, and competitive diving entries. Students must be able to swim one complete lap before taking the class.

Level II- Divers will learn forward and back take-offs, straight, tuck and pike positions, dive come-outs and body control. Students must complete Level I before taking this class.

Level III- Divers will learn front, back, reverse and inward dives using tuck, pike and straight positions. Students will also work on basic somersaulting and twisting at this level. Completion of Levels I & II is required to take this class.

Private Swim Lessons

This program is specifically designed to meet the needs of the individual. Each participant will have the opportunity to work with an instructor who provides individualized attention at the participants own pace. Lessons are a half hour long and available in either 8-lesson one instructor to one student or 4-lesson one instructor to two student's packages.